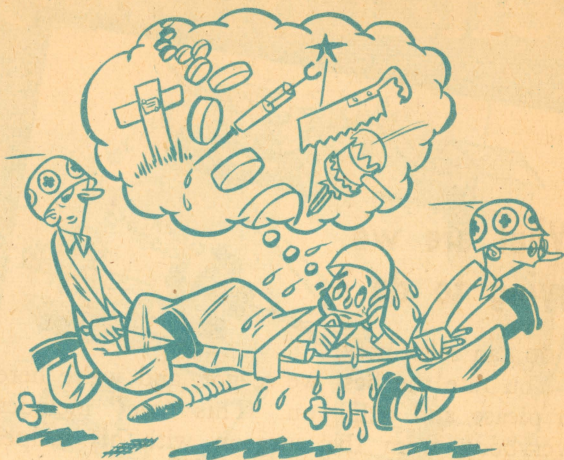
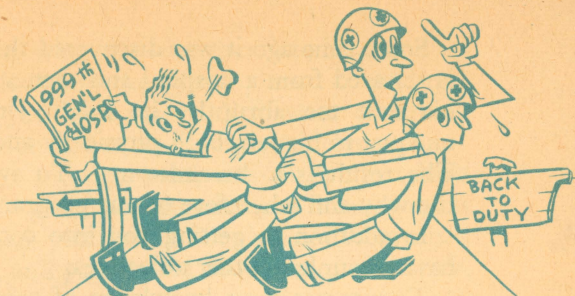




*Some of your hurts you have cured
And the sharpest you still have survived,
But what torrents of grief you endured
From evils which never arrived.*

Emerson.



What are we trying to do ?

YOU can relax now.

You rate the best we've got, and we're here to please and help you. This "we" includes everybody from the surgeon with his scalpel down to the ward-man with his mop and a you-know-what.

You're in the hands of the best doctors in the world, using the best equipment in the world. You don't have to take our word—we'll prove it to you by getting you well. We'll not only get you well, but there's a good chance that we can put you in better shape than you were in before you got wounded or ill.

That's Rehabilitation in a nutshell.

Some time ago it was discovered that if a man is released from a hospital and then sent back to his unit too abruptly, he might find himself unequal to his job, both physically and mentally. The result is a breakdown. To avoid this is the why and wherefore of our program.

In addition to getting you into condition, we have a couple of other objectives:

To increase your knowledge of combat know-how,

To improve your general knowledge, with emphasis on the issues involved in this war.

Do we know what it was like?

MAYBE you're browned-off.

If you weren't you wouldn't be human, because you've just gone through the toughest phase of the toughest war in history. You are the sick and wounded, but you're also the guys who put America on the winning side.

You've had it. Taken everything which the Germans threw at you, and you're still alive. You've taken his mortars, his small arms, his heavies. What's more you took something

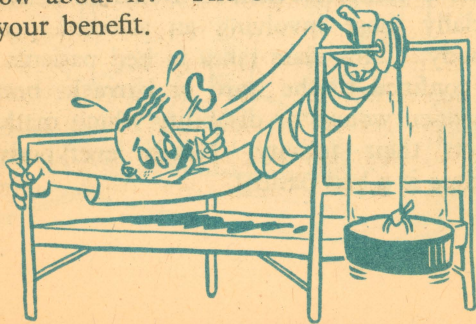
worse than weapons—weather. You've stood up to more than you thought any man could bear, and then you took more. You went on taking it until the enemy or illness cut you down.

It's been a tough road, and there must have been times when you thought you'd never again be the man you were. You've had some bad moments, and you've had your corner of despair.

Up to now you've been moving pretty fast. Maybe it started a few yards beyond the Battalion Aid Station and ran the whole chain of evacuation. But it doesn't matter where it began, because from now on the hurry is all over. From now on you're the cash customer and the center of our program.

There's only one catch. This program has been sweated out solely to help you. It will work like a charm if you let it—if you'll meet us half-way with cooperation.

How about it? The breaks are all designed for your benefit.



Who is the upper crust here?

You don't need to be born with a silver spoon in your mouth to rate the upper strata of our society here. It's divided into four grades—D, C, B, and A.



Class D comprises men restricted in activities, especially those involving an affected part of the body. This class takes in bed patients and men confined to the ward or barracks because of an open wound or disability which markedly restricts their activity. Nearly everybody in this class is a bed patient.

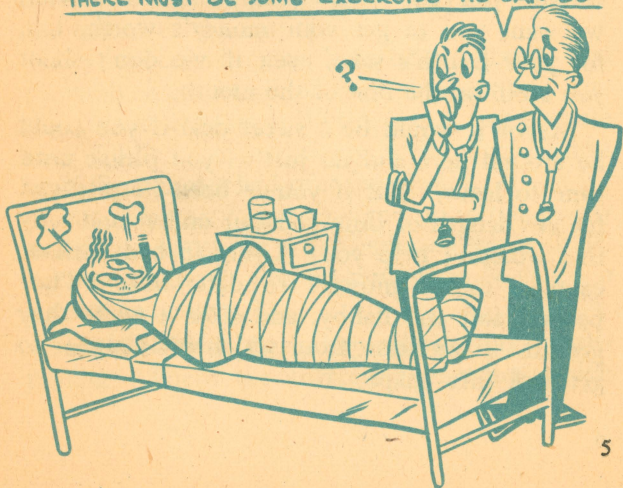
Ambulatory ward patients are in *Class C*. If you can just hobble around you belong to this outfit.

Class B includes men able to take a full day of our sports and military program.

Class A takes in those capable of returning to the most strenuous combat duties.

This "class-system" was worked out to simplify our keeping track of what you need to get you well. Besides it wouldn't be the Army without A, B, C and D.

THERE MUST BE SOME EXERCISE HE CAN DO



What do you do when we say PT ?

PEOPLE are peculiar. They will spend hard-earned cash and time playing with bar-bells, but they don't like it when somebody says exercise is good for them, especially when it means just going through motions.

But if you were a civilian, and your doctor prescribed specific exercises to get you completely well after a serious illness, you'd certainly beef about the trouble, but still you'd make certain you got your money's worth. Well, we want you to get your money's worth, too, for your health's sake, even if we don't shoot you a bill on the first of the month.

Maybe it would be a sweet deal if you could lie around here and do just as you please until time to leave. But if you've been hospitalized for any length of time you can understand why that wouldn't help you. Lying in bed without exercise causes muscles to deteriorate. They become soft and flabby, and after a while they get into a condition from which it's tougher to get back into shape.

This is why our convalescent program begins while you're still a bed patient.

Not only may these bed exercises seem screwball, but they may also seem difficult, especially when broken bones or fractures are concerned. But it's important that the muscles on the joints near these injuries be kept in good condition while the bones are healing. So when we give you certain exercises to limber up these muscles, don't be afraid because it hurts. We won't prescribe anything that is beyond you, or that will injure you. You really can move those muscles. After moving them more and more you'll find that each time you can increase the extent of the motion.

If you need an example to be convinced, you probably have heard of lots of men still carrying game legs from World War I, just because they didn't begin exercising their injured limbs until the muscles had quit for good.

Our objective is not to turn you into a grunt-and-groan artist, or a professional weight-lifter, but we do want you to gain what is called a "good body tone."

Remedials will play a key role in your conditioning. These are corrective exercises which

employ special equipment. A man with an injured ankle may use an *ankle rocker*, to provide flexion and extension at the ankle joint. If you have muscular imbalance of the feet and legs, you'll get a session with the *foot trough*. Walking along the sides of the inverted trough will provide the necessary remedial activity. Other remedials are the *staircase* for post-operative and injured knees and feet, and hurdles to aid the lower extremities following an operation or injury. These and more weird gadgets look like Rube Goldberg cartoons, but they'll fix you up in short order.

You're going to meet some PT instructors here you never thought existed. As Tex Rickard, the fight promoter, once put it, "I never seed such fellers." Neither have you. All the same, you and they have a common ground. Many of them were wounded or suffered severe illnesses, like your own. All of them have taken a special course aimed at rehabilitating men like yourself.

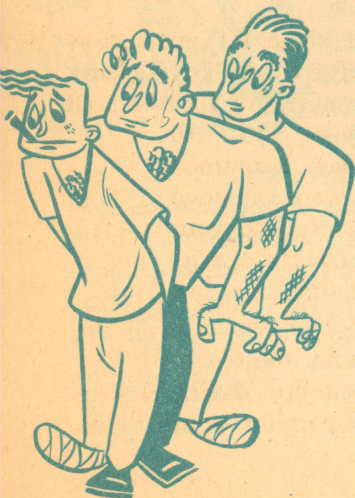
When you can get around, the tempo of your exercises will pick up. Later, games will play a large part in your



convalescence. But you'll never be asked to do what's beyond you. We know your case and know what you can do. We won't force you to do anything. We won't bawl you out.

Here's the way Uncle Sam sums up our responsibility to you :

The mission of the Medical Department is the conservation of manpower... and in furnishing those who become disabled with such aid as will speedily restore them to health and fighting efficiency.



Experience has proved that our physical training program is one important means of doing this job. You realize as well as we do that it's one thing to be able to run 300 yards and flop, and quite something else to run the same distance and be able to hit a target with your weapon when you get there.

Will we forget military training ?

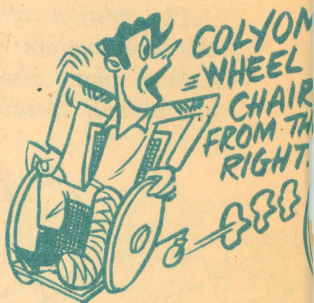
SORRY, no can do.

We could call it by another name, but it would mean the same old story. You're going to get a refresher course. We'll try to make it as pleasant and informative as possible, but undoubtedly there will be certain times when you will not be romantically inclined toward the manual of arms.

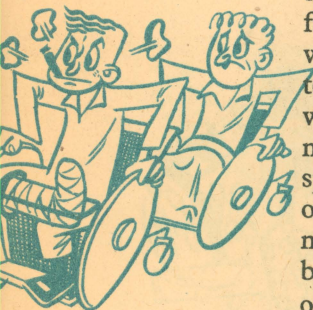
There's only one reason for this—*the war isn't over yet.*

You've been out of the Army routine for several weeks, and during hospitalization you will have had time to forget a lot of things. Getting well is the individual's job, but once he's in shape again he has to get back on the team, and get into harness once more.

The reason for our military program is to get you accustomed to being part of a unit again.



Probably you'll say you're an exception and that this doesn't apply to you. Maybe so. On the other hand it's been found out that this military training is really necessary at this point, and so naturally it has to be done, if we're going to win



the war and not have it end in a free-for-all. Teamwork does win wars, and getting accustomed to working together without a hitch through the medium of military training, spells Teamwork. In spite of what is said about SNAFU, nobody has yet figured a better way to make soldiers or build up Teamwork.

So you're going to get "Basic" all over again. Most of it, however, will be covered in lectures, group discussions, and with training aids, such as films, film strips, and graphic charts.

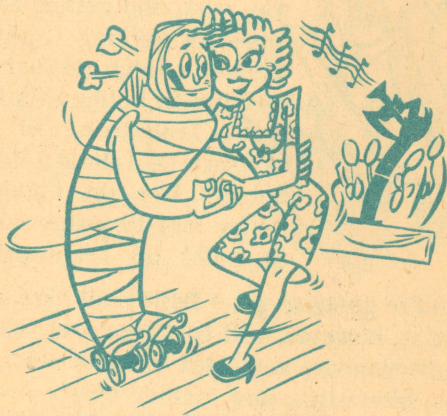
There will be talks by combat officers who won't spout theory, but who will give you facts you need to know.

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DOCUMENTS
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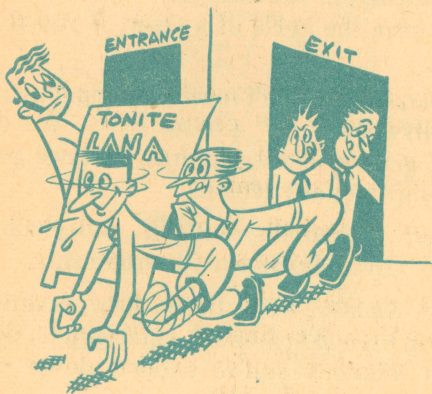
What about having some fun ?

If all this has given you the idea that you're going to be busier than the original Eager Beaver



during your stay here, forget it. Many of you will have more leisure time than you've had since coming into the Army.

Right now you have the opportunity to do what you've always wanted to do. If you ever felt like painting, weaving, modeling in clay or trying your hand at cabinet making, you're set. The Red Cross will help you and supply the need-



ed materials. Their workshop and stage shows are open to you for the asking. You don't have to be an expert to enjoy doing these things.

There's a pretty full schedule of entertainment in ETO hospitals. If it doesn't seem well-

rounded enough, make suggestions to the Red Cross or Special Service. They'll be glad to have your ideas, because you're the man they're out to please. Here are the high spots:

GI Shows, composed of soldier talent. If you have frustrated stage yearnings, this is a chance to get them off your chest. We don't care if you do have the voice of a crow, if you feel like singing.

Movies, and we don't mean training films. Ours are Hollywood "A" productions. We do our best to get the latest pictures, and we promise not to slip you any lemons.

Games: basketball, softball, volleyball, badminton. Even horse-shoe tournaments.

USO Shows: we'll have these occasionally, featuring French or English entertainers, depending on whether you're bedded down on the Continent or in the UK.

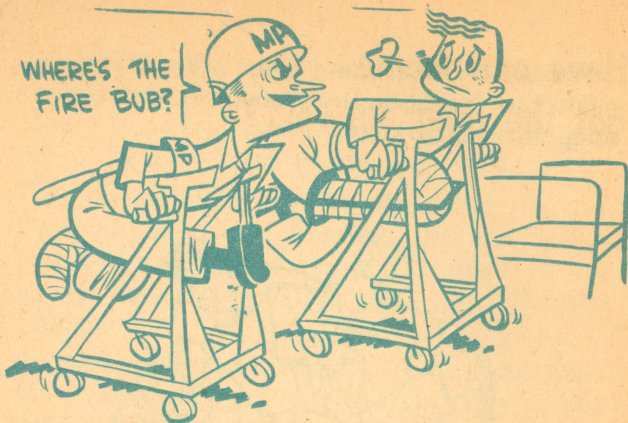
Dances, with local belles.

Music: orchestras and glee clubs of your own. Some of you who were in the big time before getting a free suit, can give everybody a break by demonstrating your talents.

Novelty entertainments: some of the ETO hospitals have staged carnivals, complete with everything but a shell-game.



Contests: Baby and Sweetheart Contests rate high in many hospitals. Convalescents enter their babies' photos with the Red Cross, and a special committee chooses the winner. If

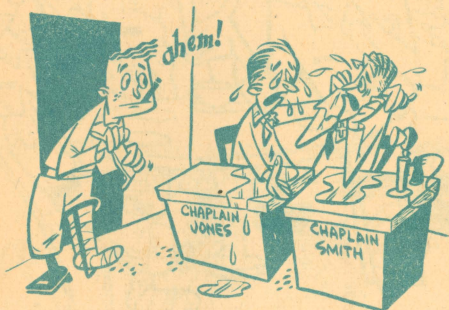


you feel the urge to flash a picture of your youngster on a Red Cross worker, go ahead. They like it. And they like to see photos of the little woman, or the girl back home.

Library: ours has everything from Superman to Freud, and it's there for you to use. We also have the tunes you like to hear, whether your taste runs to the Rural Rhythm Boys, Benny Goodman or Bach.

USAFI: if the war interrupted your studies, here's an opportunity to pick them up again. The education program is organized to hold classes of small study groups. We've got everything from civil engineering to Sanskrit.

Have our people got the right answers?



If you've got troubles, the people to help you iron them out are the Chaplain, Psychiatrist and the Red Cross. No problem is too big or too small for them to make an effort in helping you get it squared. They've all been chosen because they know their business, and because they're sincerely interested in helping you.

They won't be around bothering you about your personal affairs, so it's up to you to call on them.

WHILE you are here we'll try to give you a day-by-day and play-by-play account of what's going on, both in the war and at home. Radios and newspapers are plentiful, and for those who like to swap ideas on what it's all about and why, we'll try to have some bull-sessions. Useful

magazines and information aids will be around where you can get at them. From time to time we'll give you talks designed to keep you up to date on the issues involved in this war, which up to date is the biggest issue in our country's history.

YOU'D BETTER BRING ANOTHER BED-PAN, WE'RE
SHORT AN ARMORED DIVISION!



You have a right to know all these things, because the truth is the property of every American. In a way it's like the little old lady who went up to West Point some years ago. She looked the place over, and she said it looked nice and clean. Then she said that as a taxpayer she thought she ought to see the Commandant's quarters. It wasn't SOP, but she got to inspect them anyway. She went away happy, saying she was pleased to see the way the Commandant was taking care of her property.

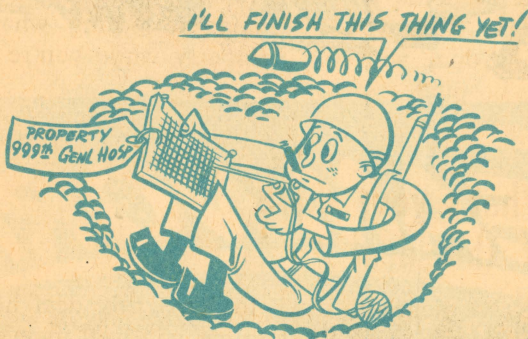
What happens to America's side of the war and at home is your property, too. So we'll try to keep you informed concerning what's being done with your property while you're in the hospital.

What's your share of this deal ?

WE'VE honestly tried to have this deal here make sense. We want to get you well in every way, and we want you to have as good a time as you can while you're getting well.

But all of the gadgets, exercises, doctors, good food, and entertainment won't be worth a plugged nickle if you don't meet us halfway. Our program is not experimental guess-work, because everthing we do is based on time-tried experience, using the best medical care in the world and the world's best equipment. And all of it is for your benefit.

You're the man we're working for.



IN EVERY JOB



TEAMWORK PAYS OFF



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